

Coordinated School Health Newsletter

November 2012

This newsletter is produced by Kentucky Department of Education's (KDE's) Coordinated School Health Team.

From the Coordinated School Health Team

In recent trainings, the question regarding what state standards are to be used has repeatedly been asked. Under 2009's Senate Bill 1, the practical living standards found in the *Program of Studies* (POS) were incorporated into the *Kentucky Core Academic Standards* (KCAS). The [Kentucky Core Academic Standards \(PDF\)](#) were adopted by the Kentucky Board of Education in June 2010. The KCAS contains content formerly in the POS for all content areas, except in English/language arts (ELA) and mathematics. The ELA and mathematics standards in KCAS are now the Common Core State Standards.

What about Core Content?

Because our former statewide assessment was limited to only multiple choice and open response items (on the Kentucky Core Content Tests), it also **limited what could be reliably and validly assessed** (e.g., you can't assess a 'performance' or some 'skills' with a paper and pencil assessment — for example, designing or carrying out a scientific experiment or presenting a persuasive speech). Because of those limitations, the *Core Content for Assessment* (CCA) 4.1 was developed (being a subset of the POS) **to indicate those standards that could and would be assessed on the state tests. (CCA was never the 'legal' set of standards -- or even the most important; it simply outlined what could be validly and reliably assessed based on our standards (the POS) and the types of items to which we were limited.)**

With the **new ELA and math standards** (within KCAS) -- and with new assessments (the Kentucky Performance Rating for Educational Progress, ACT, EXPLORE, PLAN, end-of-course) -- ALL of those standards can and may be assessed, thus, making the need for a separate document (i.e., CCA) just for assessment purposes **unnecessary**.

Also, since we no longer assess practical living/career studies and arts & humanities with a written summative statewide assessment, we no longer need the CCA for those areas. The Program Reviews should capture the breadth of those standards (also in KCAS).

Finally, the **CCA 4.1 is still 'appropriate' then for ONLY grades 4-8 in science and social studies** as we are limited to the core content parameters until new standards in those areas are developed. Of course, in high school, the end-of-course exams and the ACT are the assessments used.

KAHPERD Is Here

The annual Kentucky Alliance for Health, Physical Education, Recreation and Dance (KAHPERD) state conference is quickly approaching. It will take place at the **Galt House in Louisville November 11-13**, so don't forget to register. (Register here.)

Free PECAT Training – Aaron Beighle, Ph.D., from the University of Kentucky will conduct a PECAT training as the pre-conference workshop on November 11. **The first 150 KAHPERD members who**

register for KAHPERD will be able to attend the pre-conference workshop free of charge. Look for more detailed information as the conference approaches.

Resources

Move-to-Improve

<http://schools.nyc.gov/Academics/FitnessandHealth/MoveImprove/default.htm>

Classroom-based curriculum designed by the New York City Department of Education (DOE) and the New York City Department of Health and Mental Hygiene (DOHMH) to increase physical activity among students, K-5, in elementary school.

Thinking Outside the Box: Building and Sustaining School Health Programs in State Health Agencies without Dedicated Funding

http://c.ymcdn.com/sites/www.chronicdisease.org/resource/resmgr/school_health/sustainability_case_studies_.pdf

The National Association of Chronic Disease Directors' (NACDD's) School Health Project has recently released two case studies highlighting the work and accomplishments two states in the area of school health. These reports detail the experiences of Nebraska and Vermont, two states that have successfully built a school health program within the state health agency without dedicated school health funding from either the state or federal levels. Both states have used "out of the box" approaches, leveraging other funding streams and partnerships, and collaborating with the state education agency to build a strong school health initiative. In doing so, they have demonstrated that sustaining school health programs within the state health agency is feasible, even without dedicated funding. Each state's approach to the challenge of how to fund and operationalize the initiatives is unique, offering valuable ideas to other states facing similar situations.

Free Standards-Based Sport Curricula

www.truesport.org/resources/educators

True Sport provides free curricula for coaches and educators. The program uses sport as the lens to teach important life skills, such as decision-making, healthy nutrition, goal setting and establishing a value system. Visit the site for more information.

The Scope & Sequence of Fitness Education for PreK-16 Programs: NASPE Fitness Education Project

<http://www.aahperd.org/naspe/publications/fitnessEdResources.cfm>

Fitness education is a subcomponent of the total physical education program, focusing on helping students acquire knowledge and higher-order understanding of health-related physical fitness as well as habits of physical activity and other healthy lifestyles. Many excellent resources for providing fitness education exist, but rising concern among professionals in the field indicated a need for a resource defining the instructional sequence of fitness education concepts and behavioral skills, from elementary school through college.

Instructional Framework for Fitness Education in Physical Education

<http://www.aahperd.org/naspe/publications/upload/Instructional-Framework-for-Fitness-Education-in-PE-2012-2.pdf>

Scope and sequence of skills to be developed in every grade level, K-16. This document was created as a result of the finding of the National Association for Sport and Physical Education (NASPE) Fitness Education Project.

Weigh In: Talking to Your Children About Weight and Health

<http://www.stopobesityalliance.org/ebook/weighin?=-oweb> is an “online guide created to fill the information gap and offer practical advice for parents to responsibly and compassionately respond to real-world scenarios on understanding BMI, body image, bullying, weight bias and family obesity.” Created by the STOP Obesity Alliance and the Alliance for a Healthier Generation, this conversation guide helps parents break down barriers to having “the talk” and offers real-world situations and plain language responses to questions about weight.

Policy Prescriptions®: Physical Education Policy

<http://www.policyprescriptions.org/physical-education-policy/>

This article is a summary of a study that concludes that state physical education policies that specify time requirements for physical activity result in actual PE programs that achieve outcomes closer to the high-quality Physical Activity Guidelines standards. Nonspecific policies do not accomplish this goal. Perna, FM, et al. “The Association of State Law to Physical Education time allocation in US Public Schools.” Public Health. 2012; 102 (8):1594–1599.<<http://www.policyprescriptions.org/>>

Grant Opportunities

Grants for Small Nonprofit Organizations , Robert and Joan Dircks Foundation

<http://www.dircksfoundation.org/guidelines.html>

Deadline: Rolling

The Robert and Joan Dircks Foundation focuses on programs and projects that provide opportunities to children and individuals who are physically, mentally or economically disadvantaged. The Foundation concentrates on small non-profit organizations that provide programs and projects that prevent or solve problems, rather than meet basic needs.

Multiple grants ranging from \$1,000 to \$15,000 will be awarded to select applicants. Nonprofit organizations are eligible to apply.

Healthy Lifestyle Grant, Fuel Up to Play 60 <http://school.fueluptoplay60.com/funds/healthy-lifestyle-grant.php>

Deadline: November 16, 2012

The Fuel Up to Play 60 Healthy Lifestyle Grant program is supported by the Food Marketing Institute Foundation as part of a partnership effort with the National Dairy Council® to encourage students and adult program leaders to consume nutrient-rich foods and achieve 60 minutes of physical activity every day. This grant provides funds to help schools implement a Healthy Eating Play, including a visit to a local supermarket (under the guidance of the supermarket’s registered dietitian or health and wellness professional) and a corresponding physical activity play.

Multiple grants of up to \$3,000 will be awarded to select applicants. Schools that participate in the National School Lunch Program and/or the School Breakfast Program and have support /backing from the school principal, district school nutrition director and school nutrition manager are eligible to apply.

Up to \$4,000 per year is available to **any qualifying K-12** school enrolled in **Fuel Up to Play 60**. The competitive, nationwide funding program can help your school jumpstart and sustain healthy nutrition and physical activity improvements.

Learn more at http://school.fueluptoplay60.com/funds/funds_for_futp60.php. There are three funding application deadlines during the 2012-13 school year: June 1, 2012; October 1, 2012; January 15, 2013.

fit4theclassroom \$10,000 Sweepstakes

<http://www.fit4theclassroom.com/sweepstakes>

National sweepstakes for **elementary school teachers**, awarding one grand prize winner a school assembly, a \$5,000 prize and \$5,000 in funding for the teacher's school to extend programs that benefit student health and wellness education. Second- and third-place winners will each be awarded a \$1,000 prize and \$1,000 in funding for their school. Homeschool teachers can use the school funding toward a local non-profit. The deadline for entries is Feb. 14, 2013.

Together Counts is providing three different funding opportunities for schools.

<http://www.togethercounts.com/at-school/win-for-your-school>

Healthy Playground Makeover

Two \$30,000 prizes will be given away. One grand prize drawing will be made from among all eligible entries. The second grand prize drawing will be from among all eligible entries whose schools qualify for Title I Schoolwide Program status. See eligibility in official rules. Three schools also will be chosen as runners-up to receive \$5000.

Find Your Balance Challenge

The Find Your Balance Challenge is open to elementary school classrooms in grades K-5 and rewards student teams for taking steps toward achieving Energy Balance in their own school communities. Winning schools have a chance to win a Grand Prize including a \$30,000 grant and an Ultimate Energy Balance Party. Two second-place winning classes will each receive a \$10,000 grant. Three third-place schools will each receive a \$5,000 grant.

HealthierUS School Challenge

The **HealthierUS School Challenge** (HUSSC) is a voluntary initiative established in 2004 to recognize those schools participating in the National School Lunch Program responsible for creating healthier school environments through the promotion of nutrition and physical activity. The Healthy Weight Commitment Foundation and Discovery Education are proud to support the USDA's HealthierUS School Challenge by providing powerful rewards and incentives to schools striving to reach higher levels of certification.

Investing in Kentucky's Future Initiative

The Foundation for a Healthy Kentucky is pleased to issue a Request for Proposals (RFP) under the new **Investing in Kentucky's Future (IKF) Initiative**. This initiative is designed to improve the health of Kentucky's children by engaging communities in testing innovative strategies.

Learn more at <http://www.healthy-ky.org/news-events/newsroom/investing-kentucky%E2%80%99s-future-initiative>.